



# City of San Ramon

## Lifeguard Training



*"Lifeguard Training Strengthens Safety and Security and Foster Human Development in our Community"*

Do you find yourself trying to figure out how you are going to keep busy after school and during the summer? We have the perfect thing for you! Become a Lifeguard for the San Ramon Olympic Pool or the Dougherty Valley Aquatic Center!

The City of San Ramon is offering lifeguard training classes this Spring. If you are interested in becoming a lifeguard, make sure to register now.

Lifeguard Training is an American Red Cross certification course. Upon successful completion you will be certified in Lifeguarding, First Aid, Oxygen Administration, CPR/AED for Lifeguards and Preventing Disease Transmission.

Ages 15+ (Must be 15 by the last day of class)			
\$200(R/Go)/\$250(N)			
<b>Pre-requisite:</b> Must be able to swim 300 yards non-stop, recover a 10 lb weight from 7ft of water, and tread for two min. without hands.			
DAY	DATES	TIMES	Act #
Mon, Wed	7/7 — 7/19	5:30 pm -9:00 pm	#91085
Sat		9:00 am—5:00 pm	

### How to Register

1. Online Registration at [www.sanramonrecguide.com](http://www.sanramonrecguide.com)
2. Mail-In, Walk in or Drop-Off a registration form to 9900 Broadmoor Dr., San Ramon, CA 94583
3. Fax-In to 925-828-3427

For more information, please call the San Ramon Olympic Pool at 925-973-3240.

SCHOLARSHIP FUNDS AVAILABLE FOR TRAINING! Apply at:

<http://www.sanramon.ca.gov/Parks/Scholarship.htm>



SAN RAMON PARKS & COMMUNITY SERVICES

*Creating Community through People, Parks, Partnerships & Programs*

(925) 973-3200

[www.SanRamon.ca.gov](http://www.SanRamon.ca.gov)

Fax (925) 830-5162